## Independent Lifestyles, Inc. A Center for Independent Living

January - March 2014

## Social Activities

WEDNESDAY, JANUARY 29<sup>TH</sup>, 2014 1:00- 3:00 P.M.









with 5th degree black belt Master Scott Ridlon



WEDNESDAY, MARCH 26<sup>TH</sup>, 2014

1:00 -3:00 P.M.







Activities are held at our Sauk Rapids office:

Independent Lifestyles 215 North Benton Drive Sauk Rapids, MN 56379 Toll Free1.888.529.0743 / 320.529.9000

For additional questions regarding these activities please contact Marsha Hagfors at 320.281.2049 Check out our website at www.independentlifestyles.org for more information regarding our services.

"A Team Promoting Independence and Choices for People with Disabilities, Their Families and Communities"